



Overview

During this minimally-invasive procedure, the physician uses heat to eliminate several pain nerves to treat knee pain. It is typically used for knee pain that has not improved with simple measures or knee pain after a knee replacement.

Preparation

In preparation for the procedure, you lie on your back. You may be given medicine to make you feel relaxed. The procedure is performed sterilely to prevent infection. Numbing medicine is used before the procedure.

Inserting the Cannula

The physician inserts a tube called a "cannula." A video x-ray device called a "fluoroscope" or an ultrasound helps guide the cannula to specific nerves around your knee. These tiny nerves carry pain signals from your knee to your brain.

Treating the Nerves

The physician inserts a small wire called an electrode through the cannula. Then the physician uses the electrode to heat the nerve which stops it from sending pain signals.

After the Procedure

When the procedure is complete, the electrode and cannula are removed. A small bandage is placed on your skin. You will be monitored for a brief time before you are allowed to go home. Your injection site may feel sore after the procedure, and you may still have knee pain. Over the next few weeks, you should start noticing gradual improvement. You will return to the office roughly 4 weeks later for an examination.